



# 2021: *What's Next?*

**The Monroe Institute  
29th Professional Seminar  
& Conference**

**March 2021**

# 2021 Professional Seminar & Conference

All times are Eastern Time

## Saturday, March 20

- 11:00 AM ***Welcome—Conference & Seminar Opening, Meditation***
- 11:10 AM ***Video***  
**Energy Healing in Times of Challenge**  
Joe Gallenberger, PhD
- 12:10 PM ***Keynote Address***  
**Telepathic Savants: What do they say about how brains might really function?**  
Diane Hennacy Powell, MD
- 1:40 PM **Superconscious: The Brainwaves of Extraordinary States**  
Judith Pennington
- 2:50 PM **How I Became Remote Viewer 001**  
Joe McMoneagle

## Sunday, March 21

- 11:00 AM ***Welcome—Session Opening, Meditation***
- 11:10 AM **The Forever Angels: Near-Death Experiences in Childhood and Their Lifelong Impact**  
PMH Atwater, LHD, PhD (Hon.)
- 12:20 PM **Can Theta and Delta Frequencies Positively Affect Post-Deployment Health?**  
MeLisa Gantt, PhD
- 1:30 PM **Monroe Research Perspectives**  
Ross Dunseath, PhD
- 2:40 PM **Vision for the Future**  
Paul Citarella

# Who's Who

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## PMH Atwater

### **The Forever Angels: Near-Death Experiences in Childhood and Their Lifelong Impact**

The Forever Angels is a major study of near-death experiences with the newly born, babies, toddlers and children up to age five. NDE expert PMH Atwater reveals how those who experience a near-death state or other worlds at a very young age are profoundly affected for the rest of their lives, including developing psychic and intuitive abilities, intelligence, and “wisdom beyond their years,” plus a pervasive feeling of being homesick for heaven.” Drawing on interviews with nearly 400 childhood experiencers, both fully matured and young, she explores their accounts of what it is like to be alive on the other side of death, as well as what makes them different from others. Where it takes the average adult experiencer 7 to 10 years to integrate their experience, it takes the average child experiencer 20 to 40 years. In contrast to older child/teen/adult experiencers, little ones cannot compare before with after—as they do not have a before. Their knowledge of the afterlife affects their family life, school, dating, health, education, employment and sense of the spiritual, along with an increased potential for thoughts of suicide, out-of-body experiences, and PTSD symptoms.



PMH Atwater, LHD, had three near-death experiences within three months in 1977. This turned her life around completely. The following year, she turned to research—because of what she was told to do during her third episode—and became one of the original researchers in the field of near-death studies, completing 18 books on the subject or related to it. Some of her findings have been verified in clinical settings, among them the prospective study done in Holland and published in Lancet Medical Journal (12-15-01). To date, her work covers nearly 5,000 adult and child experiencers. She has won many awards and traveled the world, always inviting people to look past appearances for the truth that underlies what we think we know. Her latest work, “The Forever Angels: Near-Death Experiences in Childhood and Their Lifelong Impact,” challenges the entire field and changes the conversation about life and death, reincarnation and the Life Continuum. Because of this work, she went on to write six children’s books called ANIMAL LIGHTS SERIES. In fun and joy, these books about animal babies help human children remember their own birth and beyond.

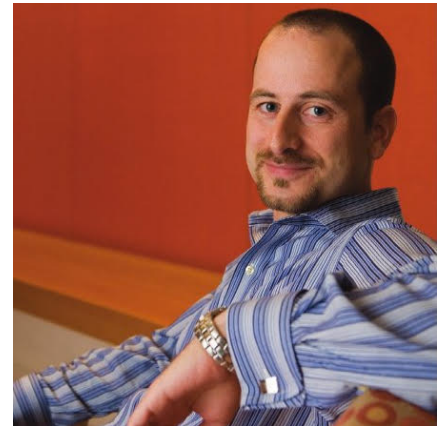


## Paul Citarella

### Monroe Chief Technology Officer

Take a step into the future of the Monroe Institute and beyond. Robert Monroe was, first and foremost, an explorer. In his search for new ways to discover how and why we are more than our physical bodies, he never stood still. Neither are any of the current caretakers of his legacy. As a continually evolving nonprofit organization, the Monroe Institute is poised to launch perhaps the most significant plans in its 50-year history. Join Chief Technology Officer Paul Citarella for a sneak peek into the **Vision for the Future**.

Paul is a serial start-up founder and CTO with over 20 years of technology leadership experience, having played a variety of roles from developer to executive in organizations from start-ups to Fortune 100 companies. In Paul's current role as the Monroe Institute's Chief Technology Officer, Paul is responsible for creating and executing the institute's strategic vision of how technology can be used most effectively to facilitate the global awakening of human consciousness. Paul's Monroe story actually began in his early twenties, when he first read Bob's accounts of his out-of-body explorations. But it wasn't until about ten years later, after rediscovering Bob's trilogy, that he began his own journey of self-discovery with the Gateway Experience. Since then Paul has been searching for a way to bring together the two different lives he's been leading—his professional life, and his spiritual life—which has led him back to the Monroe Institute where his journey began.



## Ross Dunseath

### Monroe Research Coordinator



In **Monroe Research Perspectives**, Ross will give a brief overview of the active research projects at Monroe followed by details of data acquired in the Copper Wall Room in 2019 through early 2020. A virtual tour of the new Psychomanteum facility at RMR along with operating instructions will also be provided.

Ross is an electrical engineer who has been involved in consciousness and physiological monitoring research since his undergrad days at the Experiential Learning Lab at Duke University. He continued his education at Duke in both engineering and psi research, earning a PhD in electrical engineering in 1992. During that time, he was involved in the design and construction of instrumentation for neurofeedback, heart monitoring, and the detection of physiological correlates of psi phenomena. He next worked with researchers at the University of North Carolina, designing and constructing high-density EEG data acquisition systems, with applications in simultaneous fMRI and EEG imaging. In 2010 he joined the staff at the Division of Perceptual Studies at the University of Virginia where he is the co-director of the Westphal Neuroimaging Lab and is engaged in physiological studies of psi phenomena. The Monroe Institute presents a great opportunity for research in consciousness and human potentials, and Ross is busy upgrading the technical foundation in the labs for launching all kinds of studies.

## MeLisa Gantt

### **Can Theta and Delta Frequencies Positively Affect Post-Deployment Health?**

Stress and sleep disturbances are two of the most common issues among service members returning from deployment. This three-phase study assesses the efficacy of binaural beats (theta and delta frequencies) on heart rate variability and sleep quality. In Phase I, 74 service members with complaint of post-deployment stress were randomized to either listen to music embedded with binaural beats (theta frequency) or music alone. Each group listened to their respective intervention throughout the night for at least three consecutive nights per week for four weeks. A 20-minute pre- and post-intervention heart rate variability (HRV) stress test along with perceived stress and sleep diaries assessed intervention efficacy. Using 167 military healthcare beneficiaries, Phase II and III will use randomized crossover methods to compare music only to music embedded with binaural beats (delta frequency) to binaural beat (delta frequency) tones alone. Objective and subjective sleep quality measures will assess intervention efficacy. It is hypothesized that binaural beats tones alone and music embedded with binaural beats will show similar positive results when compared to baseline and music alone.



Dr. MeLisa Gantt is a research scientist and CEO of the Gantt Clinical Research Institute. She is a retired United States Army Lieutenant Colonel with 28 years of military service and served in roles such as the Director for the Center for Nursing Science and Clinical Inquiry, Director of Research, Deputy Director for the Joint Combat Casualty Research Team in Afghanistan, and the Research Consultant to the Commanding General for the US Army Regional Health Command in Europe. She holds a PhD in Nursing from the University of Central Florida, a Master of Science in Nursing Education from Barry University, and a Bachelor of Science in Nursing from the University of Maryland. She is a published author and three-time research grant recipient with over \$1 million in federal funding for her research in Reiki and Binaural Beat/Brain Entrainment Technology. [ganttclinicalresearchinstitute.com](http://ganttclinicalresearchinstitute.com)

## Joe McMoneagle

### **Monroe Residential & Virtual Program Trainer**

A world-renowned remote viewer and peerless raconteur, Joe will reveal the fascinating series of life events that led him to become Remote Viewer 001 for the US Army in **How I Became Remote Viewer 001**.

Ever since Joe McMoneagle retired from the Army in 1984, he has supported The Monroe Institute in many ways. He has restructured and initiated changes to the Remote Viewing program, which he now teaches. Joe's nightly talks at Gateways, Guidelines and other seminars have encouraged and inspired hundreds, if not thousands of participants. He worked for Bob Monroe as a problem solver for many years, and is a world-class remote viewer known for his participation as Remote Viewer 001 in the Army's Star Gate Program, as well as through his many television appearances and RV demonstrations. Joe has also authored four books and a number of articles on the topic of remote viewing.



## Judith Pennington

Mind Mirror Consciousness Trainer

**The Brainwaves of Extraordinary States**—What do extraordinary states of awareness look like inside the brain?



See for yourself in the Mind Mirror EEG used to map the brain-wave patterns of remote viewers and out-of-body travelers listening to Monroe audio technology during the research-oriented Discovery program. Hear about their superordinary experiences in higher states of consciousness—and how they got there.

Judith Pennington is a Mind Mirror Consciousness Trainer, an internationally-published journalist, mind researcher and world authority on EEG biofeedback meditation and the evolution of consciousness. Founder of the Institute for the Awakened Mind and co-developer of the Vilistus Mind Mirror 6 EEG and the Mind Mirror Portal, she is the author of two books and seven guided meditation albums. [JudithPennington.com](http://JudithPennington.com), [InstitutefortheAwakenedMind.com](http://InstitutefortheAwakenedMind.com), [MindMirrorPortal.com](http://MindMirrorPortal.com)

## Diane Hennacy Powell

Dr. Powell's talk, **Telepathic Savants: What do they say about how brains might really function?**, will begin with an overview of why autistic children and adults might be more likely than neurotypical humans to have an increased experience and expression of psychic abilities, such as telepathy and precognition. I will then present a brief summary of my findings from controlled experiments with three autistic children who appear to be highly telepathic. The last segment of my talk will present a radical theory for how brains might navigate an informational field similar to the "cloud" we access daily with our electronic devices. This theory would offer a means for not only explaining psychic abilities, it would help solve mysteries in clinical neuropsychology such as savant syndrome, acquired savant syndrome, and the surprisingly high IQ of some people who are born with hydrocephalus and have very little brain tissue. Evidence leading to this theory includes scientific discoveries about water and the roles of biological light, microtubules, and neuromelanin in brain function, as well as ancient knowledge encoded in symbolic representation.



Diane Hennacy Powell, MD, is a Johns Hopkins-trained neuropsychiatrist and neuroscientist, former Harvard faculty member, and an award-winning author and clinician. She began studying autism in 1987, when she spent six months with Sir Michael Rutter at the Institute for Psychiatry in London. She is also an expert on PTSD, and co-created psychiatry programs for Survivors of Torture, International, and the McCandless Women's Center in San Diego. She has served as a member of a think tank on human consciousness at the Salk Institute, as the Director of Research for the John E. Mack Institute, and on the Boards of the Jean Houston Foundation and Forever Family Foundation. She is a former Secretary of the Board of the Parapsychological Association. Her current research focusses on investigating parental reports of telepathy and precognition in autistic children and has been presented at the annual Science of Consciousness conference, Parapsychological Association conference, and the Institute of Noetic Sciences. Her lay publications include her book, *The ESP Enigma: A Scientific Case for Psychic Phenomena*, and *The 2007 Shift Report: Evidence of a World Transforming*